

Fasting Guidelines prior to your surgery.

Most of your regular medicines should be taken as normal. You can take your medication with a sip of water as this is not considered to be a breach of your fasting guidelines.

Please refer to the medication advice tab.

Adult Fasting Guidelines

You will be advised to avoid food for at **least six hours** before your procedure, although clear fluids such as black tea or coffee (no milk), water and non-carbonated sports drinks (i.e Gatorade) can be consumed up **until two hours** before your procedure.

Please do not chew gum during the fasting period as this may increase your risk of aspiration.

Children Fasting Guidelines

Your child will need to avoid solid food for at **least six hours** , although they will be permitted clear fluids such as ice blocks, water, non-carbonated sports drinks (Gatorade, Powerade) up until **1 hour** before their procedure. **Infant formula** is considered a solid and must be ceased for 6 hours before the operation. If you child is still breast feeding, please stop breast milk **four hours** before the procedure.

Weight Loss Medication

If you are taking injectable weight loss medication such as Ozempic/Wegovy (semaglutide), Saxenda (Liraglutide), Mounjaro (tirzepatide) you will need to fast for solid food for **24-hours before your operation**. During this period you can have broth (fat free, clear broths like chicken or beef broth), clear fruit juices, non-carbonated sport's drinks, jelly and ice blocks. You will be permitted clear fluids (as detailed above) up until **two hours** before your procedure.